



Contact Us To Sign Up!



PEER HEALING

Virtual Small Groups for Teens

Peer-Led Grief Support

8 Week Groups Meet for 1 Hour Per Week In The Evenings

Grief can be lonely and make us feel like no one else really gets it. That's why we designed this 8-week grief group for up to 8 teens, based on evidence-backed research from The Family Bereavement Program at ASU. Each session is co-led by a teen and a trained grief professional. We talk about skills to make coping a little easier, play games, and most of all - create a community together. You'll be connecting with other teens who have experienced death losses. Everyone will have the opportunity to share challenges and things that have helped you in your grief journey in a safe and supportive setting.

This group is designed for:

- Teens who have lost an important person in their life
- Teens between 13-18 years old
- Teens who can meet virtually weekly on a weeknight evening for 8 weeks

Peer Healing is an adaptation of The Family Bereavement Program. The Kentucky Center for Grieving Children and Families offers these groups free of charge. Call 859-813-2759 or email kychildrengrieve@gmail.com to sign up. Or visit us at www.kcgc.org to learn more.